

Sponsored by Fairfax County Department of Community and Recreation Services

The Wakefield Window

September 2006



Wakefield Senior Center

8100 Braddock Road
Annandale, VA 22003
703-321-3000, TTY 711
Fax 703-764-2204

Operating Hours:
Monday – Friday
9 a.m. – 4 p.m.

Website: www.fairfaxcounty.gov/rec

Wakefield Senior Center Staff:
Agnes M. Tarbett, Director
Dawn Mayo, Acting Director



Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request special accommodations call 703-324-4386, TTY 703-222-9693. Please allow ten working days in advance of the event in order to make the necessary arrangements.



A Fairfax County Va., publication

September 2006

September Highlights

Tuesday 5, Basic Computer w/Jerry and Ed, Back from summer break Jerry and Ed will get you well on your way to using that computer your kids keep bugging you about!

All Thursdays, Jazzercise lite, did you know we have a new class? Join Kate and the gang, and dance your way to great health.

Friday 8, 11:30 a.m. - A local Pharmacist will join us to discuss how to care for Cataracts and Glaucoma.

Monday 11, Breakfast Social with DJ Steve from That Oldies Place. Join us as we celebrate the coming of fall with food and entertainment! Please call to reserve your spot.

Monday 11, Come get savvy with safety! Join us as we learn how to keep safe with Mary from Fairfax County Fire and Rescue.

Wednesday 13, Margate Kollay will join us to discuss "Habits over a life time good and bad."

Wednesday 20, 11:30 a.m. - Fairfax County Food and Nutrition Services will join us. Amy, our nutritionist, will discuss eating for good health

Monday 25, Come and enjoy great Broadway Music w/ Jocelyn Jackson.

Charter trips

Trip Fee is \$1 + lunch 10 a.m. – 2 p.m.

National Portrait Gallery on Monday 26



TRIPS for August



Join the fun!

(All trips will depart Wakefield Senior Center at 10 a.m., and will return by 2 p.m., with lunch on your own unless otherwise noted. Prior Registration required. Fee: \$1.00 for transportation).

Thursday 7, Fair City Mall- Shoppers Food

Thursday 14, Tyson Corner Mall

Thursday 21, Springfield Plaza - Giant, Trader Joes, Popeye's Chicken & more!

Thursday 28, Red Lobster

Happy Birthday wishes to these
Folks who were born in September!

Loretta Merrow 9/1, Richard Sheid 9/1, Jane May 9/4, Robert Plant 9/4, Patricia Clark 9/5, Amor (Bill)Harte 9/7, Sarna Mohinder 9/8, Ruth Kramer 9/8, Josephine Duncan 9/8, Catherine Claycomb 9/8, Margaret McDonald 9/9, Shirley Ralph 9/9, Bob Rooks 9/9, Renate Cline 9/10, Diane Hill 9/10, Gene McGrath 9/10, Susan Cameron 9/11, Betty Jo McDevitt 9/11, Bob Rooks 9/9, Renate Cline 9/10, Diane Hill 9/10, Gene McGrath 9/10, Susan Cameron 9/11, Betty Jo McDevitt 9/11, Gabriele Brown 9/11, Eileen Delewski 9/14, Nancy Russell 9/14, Ruth Kemper 9/15, Betty Pogerman 9/15, Joe Petrosky 9/16, James Tuohy 9/16, Helen Wynn 9/17, Joan Pishvanov 9/17, James Sheridan 9/17, Willard Griffing 9/18, Ron Hommas 9/20, Robert Laning 9/20, Roxie Marshall 9/20, Sharon Hill 9/20, Christina Cirelli 9/21, Christina Cirelli 9/21, Lloyd Williams 9/23, James Faton 9/23, Eleanor Polansky 9/23, Cam Esser 9/23, Vivian Crowley 9/24, Robert Barr 9/24, William Whitefield 9/25, Moira Ma 9/25, Richard Myhre 9/27, Joseph Grillo 9/29, Ann Huber 9/29, Jane Beaver 9/30, Vivian Hess 9/30, Mareea Wilson 9/30, Peggy Wyatt 9/30, Mary Vimla Mahan 9/30, Gladys Alejos 9/30

Directors Corner

...a note from Dawn



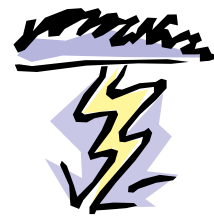
No... the pool is not done yet (any day now my foot)! I am still dealing with muddy paws and dirty floors. My husband assures me that it's all going to be worth it. The "electric guy" took over a week to show up, and then the inspector guy took another. Anyway we're getting closer bit by bit.

Basket weaving anyone? Ever wanted to know how to make your very own baskets? Well, here's your chance. The class will be free with only a \$15.00 supply fee. Space is limited, so see staff today to sign-up for what promises to be a great time!

See you soon,
Dawn



Inclement Weather Policy:



If Fairfax County Public Schools are closed, the center is closed.
If Fairfax County Public Schools are delayed for 1 or 2 hours, the center is open, BUT there is no FASTRAN and no lunch.
If Fairfax County Public Schools close early, FASTRAN will pick up clients immediately following lunch and bring them home.

Donation Schedule and Charges for Meals at Senior Centers

Donation Schedule

(for individuals 60 years of age & over)

Monthly income: Donation:

\$0 - \$ 883	\$1.00
\$884 - \$1,324	\$2.00
\$1,325 - \$1,764	\$3.00
\$1,765 - \$2,645	\$4.00
\$2,646 + above	\$5.00

Meal Charges

A guest under age 60, the charge is \$5 per meal.

The actual average cost of the lunch is \$7.32 per meal.

Also available daily:

Chef salad

Fruit salad

Lunch is served daily at noon.



Reservations for lunch must be made at least one day in advance.

Meal Program

Wakefield Senior Center has a meal program for our participants. You have a choice of a hot lunch, vegetarian hot lunch, chef salad, fruit salad or box lunch. Orders for these meals can be taken in advance, or you may call in your choice by 8:15 a.m. on the day you plan to attend.

Anyone not canceling lunch by calling 703-321-3000, TTY 711 before 8:15 a.m. is still required to pay.

Transportation Service

You may apply for transportation if you live within the service area for Wakefield Senior Center, and a one-time only application must be completed.

FASTRAN is not an "on demand" service. **You may add a "one time only" ride for a special occasion with a minimum of 8 days notice (i.e. by the Wednesday prior for a Wednesday trip).**

The cost for transportation is .50 each way each time you ride.

Anyone not canceling their ride by calling 703-321-3000, TTY 711 before 8:15 a.m. is still required to pay.

Do not call Fastran - call the senior center.

Leave a message after hours!



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Senior Center
8100 Braddock Rd.
Annandale, VA 22003



www.fairfaxcounty.gov/rec

Have some fun!
Make new Friends!
Learn something new!
Join us at Wakefield Senior Center at Wakefield Park.
Call the center for Details! 703 321-3000, TTY 711



Upcoming events

October Fest at the Franconia Moose Lodge 10/12
&
Health Fair/ Flu Shots 10/27



September 2006 Wakefield Senior Center
8100 Braddock Road Annandale, VA 22003 Phone 703-321-3000, TTY 711
Director: Agnes Tarbett Acting Director: Dawn Mayo



Monday	Tuesday	Wednesday	Thursday	Friday
Did You Know? Wakefield Senior Center serves great nutritious lunches at noon Monday – Friday. There’s nothing better then having good food with great friends! We’d love to have ya join us!				9 a.m. Coffee Social 1 9:30 a.m. Bridge 10:15 a.m. Advisory Council Meeting 10:30 a.m. Beginning Yoga #4 11:30 a.m. Yoga #4 noon Lunch 12:30 p.m. Bingo 1 - 3:50 p.m. Open computer time
Center Closed for Labor Day	4 9 a.m. Coffee Social 5 10 a.m. - noon Basic Computer w/Jerry & Ed 10:30 a.m. Armchair Fitness w/Matilde noon Lunch 12:30 p.m. Bridge 1 p.m. Blood pressure check	6 9 a.m. Coffee Social 9:30 a.m. Trail Walking Group 10:30 a.m. Exercise w/ Walt noon Lunch 12:15 p.m. Post Cana Bridge 12:30 p.m. Open Bridge 1 p.m. Knock Rummy	7 9 a.m. Coffee Social 10 a.m. Trip: Fair City Mall 10:30 a.m. Jazzercise lite w/ Kate noon Lunch 12:30 p.m. Beginning Bridge 1 p.m. Open Computer time 1 p.m. Knock Rummy	8 9 a.m. Coffee Social 10 a.m. Bridge 10:30 a.m. Beginning Yoga #5 11 a.m. Guest Speaker: Topic- Eye health 11:30 a.m. Yoga #5 noon Lunch 12:30 p.m. Bingo 1 - 3:50 p.m. Open Computer time
11 9 a.m. Coffee Social 9 a.m. Art Class #1 9:30 a.m. Breakfast Social w/DJ Steve from That Oldies Place 11:30 a.m. Guest speaker- Mary from Fire & Rescue noon Lunch 12:30 p.m. Open Bridge 12:45 p.m. Figure Drawing	12 9 a.m. Coffee Social 10 a.m. - noon Basic Computer w/Jerry & Ed 10:30 a.m. Armchair Fitness w/ Matilde noon Lunch 12:30 p.m. Bridge 1 p.m. Senior Olympics meeting 1 p.m. Blood pressure check	13 9 a.m. Coffee Social 9:30 p.m. Trail Walking Group 10:30 a.m. Exercise w/ Peggy noon Guest Speaker: Topic- Habits over a life time noon Lunch 12:30 p.m. Open Bridge 1 – 3 p.m. NVSS meeting	14 9 a.m. Coffee Social 10:30 a.m. Jazzercise lite w/Kate 10:30 a.m. Trip: Tyson’s Corner noon Lunch 12:30 p.m. Beginning Bridge 1 – 3 p.m. Open Computer time 1 p.m. Knock Rummy	15 9 a.m. Coffee Social 10 a.m. Trail Walking group 10 a.m. Bridge 10:30 a.m. Beginning Yoga #6 11:30 a.m. Yoga #6 noon Lunch 12:30 p.m. Bingo 1 - 3:50 p.m. Open Computer time

9 a.m. Coffee Social 18 9 a.m. Art Class #2 10 a.m. Trail Walking group 10:30 a.m. Chair Exercise w/ Lang noon Lunch 12:30 p.m. Madd Ribbons 12:30 p.m. Open Bridge 12:45 p.m. Figure Drawing	9 a.m. Coffee Social 19 10 a.m. - noon Basic Computer #3 10:30 a.m. Armchair Fitness w/ Matilde noon Lunch 12:30 p.m. Bridge 1 p.m. Blood Pressure Check	9 a.m. Coffee Social 20 10 a.m. Trail Walking group 10:30 a.m. Exercise w/Peggy noon Lunch 12:30 p.m. Open Bridge 12:30 p.m. Open Internet time 1 p.m. Knock Rummy	10 a.m. Coffee social 21 10:30 a.m. Trip: Springfield Plaza 12:45 Jazzercise lite w/Kate noon Lunch 12:30 p.m. Beginning Bridge 1 p.m. Knock Rummy	10 a.m. Coffee social 22 10 a.m. Bridge 10 a.m. Trail Walking Group 10:30 a.m. Beginning Yoga #7 11:30 a.m. Yoga #7 noon Lunch 12:30 p.m. Bingo 1 - 3:50 p.m. Open computer time
9 a.m. Coffee Social 25 9 a.m. Art Class #3 10 a.m. Trail Walking group 10:30 a.m. Chair Exercise w/ Lang 11 a.m. Broadway Hits w/ Jocelyn noon Lunch 12:30 p.m. Open Bridge 12:45 p.m. Figure Drawing	9 a.m. Coffee Social 26 9 a.m. Low Impact Aerobics 10 a.m. Trip: National Portrait Gallery 10:30 a.m. Armchair Fitness noon Lunch 12:30 p.m. Bridge 1 p.m. Blood pressure check	9 a.m. Coffee Social 27 10 a.m. Trail Walking group 10:30 a.m. Exercise w/Peggy noon Lunch 12:30 p.m. Open Bridge 12:30 p.m. Open Internet time 1 p.m. Knock Rummy	9 a.m. Coffee Social 28 9 a.m. Low Impact Aerobics 10 a.m. Trip: Red Lobster 10:30 a.m. Jazzercise lite w/Kate noon Lunch 12:30 p.m. Beginning Bridge 1 p.m. Open Computer time 1 p.m. Knock Rummy	10 a.m. Coffee social 29 10 a.m. Bridge 10 a.m. Trail Walking Group 10:30 a.m. Beginning Yoga #8 11:30 a.m. Yoga #8 noon Lunch 12:30 p.m. Bingo 1 - 3:50 p.m. Open computer time